

Counseling & Stress Management - Broome County

24/7 Crisis Phone Counseling

Crisis Line United Health Services Hotline	Provides 24/7 service to persons with psychiatric emergency or emotional crisis. Immediate professional help provided along with referral assistance or hospital admission. Hotline available to persons needing assistance of professional staff for counseling, information or referral.	762-2302 or 1-800-451-0560
Binghamton University <i>High Hopes</i>	Telephone crisis lines <i>ONLY during university school year.</i>	777-HELP (4357) Crisis Intervention 777-DRUG (3784) Drug Intervention
Crime Victims Assistance Center	24/7 certified crisis counselors provide victims of a crime, with emergency crisis intervention, supportive counseling, information and referrals to appropriate agencies.	722-4256
Boy's Town National Hotline	24/7 phone counseling to help any one with any problem.	1-800-448-3000
Life Choices Center	Offers crisis hotline that provides immediate information on pregnancy concerns.	722-3340 1-800-395-4357 <i>24/7 help-line</i>
National Runaway Hotline	To facilitate relationships that ensure youth and families have access to resources in their communities, 24/7.	1-800-RUNAWAY 1-800-786-2929
NineLine	To offer 24/7 hotline providing crisis intervention and referrals to runaways/potential runaways; however will help any caller, including adults.	1-800-999-9999
SOS Shelter <i>(Domestic Violence)</i>	Offers 24/7 one-on-one counseling to domestic violence victims on a limited basis at no cost.	754-4340

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Binghamton University <i>Psychological Clinic</i>	Provides psychological services to local community. Offers therapy for adults, children, couples, families and groups. Also offers assessment, neuropsychological evaluations, and consultation services to individuals, professionals and outside agencies. Self-pay, private insurance, sliding scale.	777-2103 <i>University academic year only.</i>
Broome County Mental Health Department <i>Adult Unit</i>	Provides professional services to adult Broome County residents (18 + yrs) with a mental health diagnosis. Services include: comprehensive evaluation, psychiatric evaluation, individual therapy, medication management and psychological testing. Self-pay, private insurance and sliding scale.	778-1152
Catholic Charities <i>Family/Individual Counseling Program</i>	Counseling for individuals and families.	729-9166

Catholic Charities <i>Gateway Counseling Center for Youth</i>	Provides assessment, short-term counseling, referral, and coordination of services to youth and their families. Enables youth to discuss, improve, or stabilize home, school, and employment. Groups for anger management, "active parenting," and other topics. No fee. Eligibility: Youth (8-21 yrs) and their parents. <i>Parental permission or notification <u>NOT</u> required</i>	584-7800 ext 450
Christian Counseling Ctr	Individual, group, marital, family counseling. Offers seminars and workshops.	729-7777
Employee Assistance Program	Contact your employer. Short-term counseling may be available to employees facing problems & difficult decisions. No fee.	
Family & Children's Society	Works to help individuals (adults, children, teens, and elders) and families resolve their problems, overcome trauma, develop positive relationships and enhance self-esteem. Therapists have considerable experience with anxiety, adolescent issues, anger management, depression, divorce, domestic violence, EMDR, family and marital problems, gay and lesbian issues, parenting, children's problems, troubled relationships, grief, loss, and post-traumatic stress disorder. Fee. Private insurance and sliding fee.	729-6206
Lourdes Center for Mental Health	Counseling on all issues for youth 10-21 yrs.	584-4465
Mental Health Association	Provides referral to local therapists based on areas/levels of expertise and fee provisions.	771-8888
Samaritan Counseling Center	Provides individual and family counseling. Fee. Some fee consideration may be possible.	754-2660
SOS Shelter <i>(Domestic Violence Non-Residential Counseling)</i>	Offers one-on-one counseling to domestic violence victims on a limited basis at no cost. Also offers group counseling for victims.	748-5174 <i>ADVOCACY</i>
Support Groups & Self-Help Groups	For up-to-date information on all types of support and self-help groups, call	2-1-1 <i>First Call For Help</i> Dial 2-1-1 1-800-901-2180
United Health Outpatient Mental Health Clinic	Provides outpatient counseling on sliding scale fee. Call for more information.	762-2340